



Wellness News

MONROE COUNTY

3RD QUARTER 2015

SPECIAL POINTS OF INTEREST:

- ☺ This means there's a clickable link in the area!
- Holiday shopping is right around the corner, start saving now!
- Do you have any symptoms of depression?
- New Harbor Symmetry Wellness Website!!
- Telephonic EAP
- Wellness Challenge!
- BCBS available on smartphones!
- Open Enrollment Dates in Back!

Inside This Issue

Major Depression	2
Signs of Diabetes	2
Did You Know?	2
Wellness Fair!	3
Open Enrollment	4

It'll Be Here Before You Know It!

It's hard to believe that, while the calendar says September, now is the perfect time to start getting ready for the holidays. By making a plan, watching for sales and adjusting your budget, you can make this holiday one that will be easier on your pocket-book. Here are five suggestions for avoiding holiday debt:

Determine the amount of money you can spend

Whether you are planning to go ahead and begin shopping now or want to open a holiday saving account, you will need to decide upon the funds available for use. Plan to pay for all purchases, or put money away, with cash on hand. Avoid charging unless you can pay the balance due in 90 days or less

Make a List...

And check it twice! You'll need to record every person you plan to shop for and assign a dollar amount to their gift. Check your



list against the amount you decided you could spend to be sure they line up. Make any necessary adjustments before you start shopping.

Keep Your Eyes Out for Bargains

Take advantage of any vacation trips to look for unique or unusual gifts for those on your lists. Be sure to make a note of purchases and mark that person off your list.

Go Online

Even if travel is not in your plans, you still have options. Ordering online now will enable you to avoid costly shipping fees.

Get Crafty

Crafts are a great way to get kids involved. Put little hands to work on gifts for family members on a rainy day. Get started on your craft projects now and you can cut down on last minute crafting come holiday time!

www.greenpath.com

Jump-Start Your Savings

If you have an income and know what your budget looks like, but you don't have any savings, it's time to start. It is often recommended that you have between 3 to 6 months' worth of living expenses saved up in an emergency savings fund. The goal is to have enough money to cover any emergencies or unexpected ex-

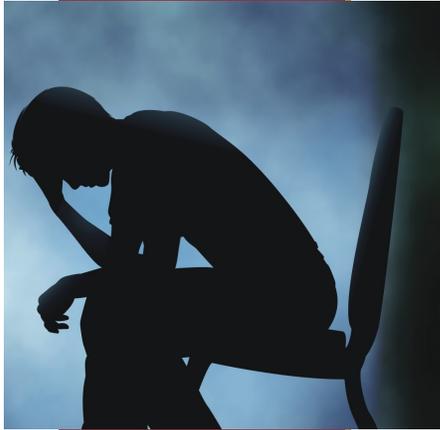
penses that can occur. The cash needs to be easily accessible, so a savings account at your preferred bank or credit union would be a good option. Be sure to find an account that does not charge any fees.



Some ideas to help:

- Set up an automatic deposit from your check each pay
- Put any extra money into a savings account when possible
- Experiment with cutting out some expenses that are not essential

www.powerflexweb.com



Major Depression - It Happens

Major depression, also known as clinical depression or unipolar depression, is classified as a type of mood disorder that goes beyond the day's ordinary ups and downs, becoming a serious medical condition and important health concern.

The onset of depression is occurring earlier in life than in previous years, with women nearly twice as likely as men to develop major depression.

Who is Affected by Major Depression?

Symptoms may include:

- Persistent sad, anxious, or empty mood
- Loss of interest in activities once previously enjoyed.
- Excessive crying
- Increased restlessness or irritability
- Decreased ability to concentrate and make decisions
- Decreased energy
- Thoughts of death or suicide

- Increased feelings of guilt, helplessness, and/or hopelessness
- Weight and/or appetite changes
- Changes in sleep patterns
- Social withdrawal
- Physical symptoms unrealized by standard treatment

For a diagnosis to be made, an individual must exhibit five or more of these symptoms during the same two-week period.

Telephonic EAP Counseling

Harbor Symmetry Wellness offers free telephonic EAP to talk to one of their counselors about goals, needs, or challenges over the phone instead of driving to an office and sitting down with one of their professionals.

- Eliminates the time/cost of driving
- Expanded time slots are available
- Call from privacy of your home
- Convenient access to resource materials.

To contact just dial:
419-475-5338 or 800-422-5338

Or call one of the numbers above to make an appointment for in-person counseling

How is it Diagnosed?

Because depression has shown to often coexist with other medical conditions, such as heart disease, cancer, or diabetes, and other psychiatric disorders, such as substance abuse, or anxiety disorders, seeking early diagnosis and treatment is crucial to recovery.

A diagnosis is often made after a careful psychiatric examination and medical history performed by a psychiatrist or other mental health professional. The symptoms of major depression may resemble other psychiatric conditions, always consult your health care provider for diagnosis.



Treatment for Major Depression

Specific treatment for major depression will be determined by your health care provider based on:

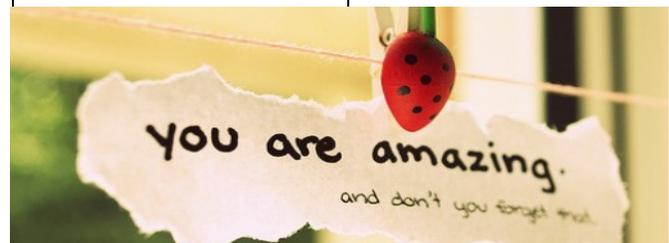
- Age, overall health, and medical history
- Extent of the disease
- Your tolerance for specific medications, procedures, or therapies
- Expectations
- Opinion or preference

Treatment may include either, or a combination, of the following::

- Antidepressant medications
- Psychotherapy
- Family therapy
- Electroconvulsive therapy

Most people with clinical depression who seek treatment improve, usually within weeks. Without treatment, symptoms can persist for weeks, months, or even years. Continued treatment may help to prevent reoccurrence of the depressive symptoms.

www.bcbsm.com



Signs of Diabetes? See Your Doctor!

Millions today are afflicted with diabetes. It is one of the leading causes of death in the United States. It's important to know the symptoms and risk

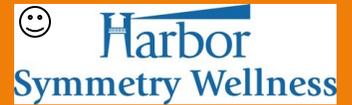
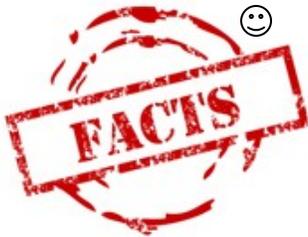
factors of the disease. Even if you don't show any symptoms, but have risk factors contributing to diabetes, you should see your physician for a diagnosis.

family history of diabetes, prior history of gestational diabetes, impairs glucose tolerance, physical inactivity, race and ethnicity.

Risk Factors of Diabetes
Type 1 diabetes risk factors include family autoimmune and genetic disorders and environmental factors.

Type 2 diabetes risk factors include older age, obesity, a

Gestational diabetes develops in small percentages of all pregnancies, but usually disappears following delivery. However, a significant percentage of women with a history of gestational diabetes develop diabetes in the future.



Harbor has updated their wellness website - combining financial and worklife wellness!

You can also access your health screenings to view results and suggestions for healthy living!

Harbor Wellness Website
Username: MonroeCounty
Passcode: worklife

Symptoms/What Can You Do?

- Continual fatigue and tiredness
- Excessive thirst
- Extreme hunger
- Frequent urination
- More infections than usual
- Nausea, vomiting, stomach pains
- Sores that are slow to heal
- Sudden vision changes
- Tingling or numbness in hands or feet

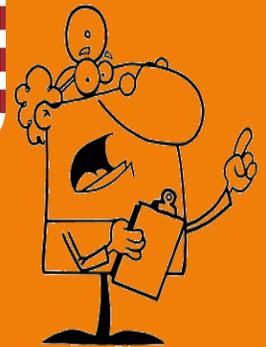
- Unexplained weight loss
- Very dry skin

What Can You Do?
Early diagnosis and treatment of diabetes is essential to preventing serious problems later.

The American Diabetes Association recommends annual tests of total cholesterol, low-density lipids,

high-density lipids and triglycerides in adults with diabetes. People with diabetes should check with their doctors before starting an exercise program because exercise affects blood glucose levels.

To learn more, visit bcbsm.com, log-in as a member and click the *Health and Wellness*.



Did You Know?

You can access your Blue Cross Blue Shield Account from your mobile device?

On the go. Good to go.

- 24/7 mobile access to coverage and claims
- National doctor, hospital and urgent care search
- Virtual ID card

Log in through your mobile device today!



Wellness Fair 2015!

Employees, Retirees and Spouses!

Thursday, October 22, 2015

8:00 a.m. - 4:30 p.m.

Held in the BOC Chambers, First Floor

Flu Shots in the 2nd Floor Lounge

This year we will be having a special drawing for those who participate and complete a Wellness Challenge

Scorecard. Here's how it works!

- Complete 1 activity from each category for 7 days
- Every 7 days participated = one entry into raffle
- Bring scorecard with you to Wellness Day
- Complete your Health Screening Appointment
- Complete your online Health Risk Assessment
- Have an HR representative verify and sign

IT'S THAT EASY!!

Participants who complete the Wellness Challenge 

Scorecard will be entered into a raffle for our

SECRET GRAND PRIZE!!!

which is awesome

NATIONWIDE

FLU SHOTS

EMPOWER RETIREMENT

HARBOR

MCCCU

AFLAC

RAFFLES & PRIZES

YMCA

HERBALIFE

LICENSED NUTRITIONIST

Open Enrollment - Mark Your Calendar!

Monday, November 2, 2015	8:00 a.m. - 4:30 p.m.	Courthouse, Committee Room
Tuesday, November 3, 2015	6:30 a.m. - 8:30 a.m.	MCSO, Jail
	1:30 p.m. - 4:00 p.m.	Youth Center
Wednesday, November 4, 2015	6:30 a.m. - 9:00 a.m.	Central Dispatch
	9:15 a.m. - 9:45 a.m.	COA/Veterans
	10:00 a.m. - 12:00 p.m.	Treasures/R.O.D./Equalization
	2:00 p.m. - 5:00 p.m.	Employment & Training
Thursday, November 5, 2015	6:30 a.m. - 8:30 a.m.	MCSO, Jail
	9:00 a.m. - 12:00 p.m.	Health Department
	2:00 p.m. - 4:00 p.m.	Fairview
Friday, November 6, 2015	6:30 a.m. - 9:00 a.m.	Central Dispatch
Monday, November 9, 2015	7:30 a.m. - 10:00 a.m.	South County Water
	1:00 p.m. - 3:00 p.m.	Drain Commission
Tuesday, November 10, 2015	6:30 a.m. - 8:30 a.m.	MCSO, Dorm
Thursday, November 12, 2015	6:30 a.m. - 8:30 a.m.	MCSO, Dorm
	1:30 p.m. - 4:00 p.m.	Youth Center
Friday, November 13, 2015	8:00 a.m. - 4:30 p.m.	Courthouse, Committee Room

All full-time employees must attend one of these scheduled days to fill out their benefits paperwork, for questions please contact Julie or Jason in Human Resources

Need An Appointment
For a Screening?

Click Here! 

The Human Resources Department will also have a booth set up at the Wellness Fair to answer questions about the upcoming open enrollment and to answer any other general questions you might have.

 
KEEP CALM
AND CONTACT
HUMAN RESOURCES